Scrambled Tofu for 6

Makes: 6 servings

Prep Time: 15 min

Cook Time: 30-40 minutes

Ingredients:

- **⅛ cup** olive oil (optional)
- **2-3 cloves** garlic, pressed
- **½** onion, chopped
- **3 lbs** tofu
- **3 tsp** turmeric
- **6 tsp** garlic powder (optional-add more fresh garlic)
- **6 tsp** tamari or soy sauce
- **¼ cup** nutritional yeast
- **¼ cup** sesame seeds

Equipment:

- Very large skillet

Heat a very large skillet. Sauté; garlic for thirty seconds, then add onions and sauté; until clear. Squeeze tofu like a sponge until all excess water is removed, then crumble into skillet and sauté; until tofu starts to brown. Add turmeric, garlic powder, Tamari or soy sauce and nutritional yeast. Mix well and remove from heat. Serve hot with dry roasted sunflower and sesame seeds and/or ketchup.

To dry-roast sunflower and sesame seeds, heat a dry, clean skillet and add enough sunflower seeds to cover bottom.

Stir constantly once they start to brown. They may smoke some but keep stirring until both sides of most seeds are brown. Then add sesame seeds. Keep stirring. The sesame seeds will start to pop, and some will pop right out of the skillet. Roast the sesame seeds one or two minutes more, until the popping starts to decrease. Remove seeds from skillet immediately and let cool in a metal or ceramic bowl. Tamari or soy sauce can be added to the seeds at the very end, if desired.)

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